

09/468085

ABSTRACT OF THE DISCLOSURE

A light diffusing plate is formed of a birefringent film containing dispersed therein minute regions differing from the birefringent film in birefringent characteristics. The minute
5 regions are formed of a thermoplastic liquid-crystal polymer.

The difference in refractive index between the birefringent film and the minute regions in a direction perpendicular to the axis direction in which a linearly polarized light has a maximum transmittance, Δn^1 , is 0.03 or larger and that in said axis
10 direction, Δn^2 , is not larger than 80% of the Δn^1 . An optical element is formed of a multilayer structure of the above light diffusing plate and at least either of a polarizing plate and a phase plate. A liquid-crystal display is formed of a liquid-crystal cell and, disposed on one or each side thereof, either
15 the above light diffusing plate or the above optical element.

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